

AMENDMENTS TO THE CLAIMS

Please amend the claims as indicated hereafter.

1. (Currently Amended) A golf swing training club comprising:

a shaft; ~~and~~

a weight coupled to the shaft, wherein the weight slides along the shaft during a golf swing; ~~and~~

a release mechanism being connected to the shaft and including an adjustment member and a tension means that is coupled to the weight, the release mechanism being capable of releasing the weight when a centrifugal force is applied to the club, wherein the adjustment member adjusts the tension of the tension means on the weight to adjust the amount of centrifugal force needed to release the weight during the swing.

2. (Canceled)

3. (Currently Amended) The club as defined in ~~claim 2~~ claim 1, wherein the release mechanism ~~further includes an adjustment member for adjusting the amount of centrifugal force needed to release the weight being capable of releasing the weight during the swing when the~~ centrifugal force is applied to the club.

4. (Original) The club as defined in claim 1 further comprising a grip.

5. (Original) The club as defined in claim 4, wherein the grip is molded to provide a correct hand grip.

6. (Original) The club as defined in claim 2, wherein the release mechanism is a spring-loaded device.
7. (Original) The club as defined in claim 1 further comprising a clubhead.
8. (Original) The club as defined in claim 7, wherein the clubhead includes a stopper.
9. (Original) The club as defined in claim 7, wherein the shaft is a weighted shaft.
10. (Original) The club as defined in claim 7, wherein the weight slides away from the clubhead along the shaft on a backswing and the weight slides back to the clubhead on a downswing.
11. (Original) The club as defined in claim 7, wherein the weight slides down the shaft and hits the clubhead to provide feedback of a proper or improper swing.
12. (Currently Amended) A method for using a golf swing training club with a shaft, weight, and clubhead comprising the steps of:
 swinging the club; and
 causing a weight to slide along the shaft during the golf swing;
 adjusting the tension of a tension means coupled to the weight to adjust the amount of centrifugal force needed to release the weight during the swing; and
 releasing the weight from the release mechanism during the swing when the centrifugal force is applied to the club.
13. (Canceled)

14. (Currently Amended) The method as defined in claim 12, further comprising ~~adjusting the release mechanism for increasing or decreasing the amount of centrifugal force needed to release the weight~~ releasing the weight from the release mechanism during the swing when the centrifugal force is applied to the club.
15. (Original) The method as defined in claim 12, including the step of causing the weight to slide along the shaft away from a clubhead on a backswing, and causing the weight to slide along the shaft back to the clubhead on a downswing.
16. (Original) The method as defined in claim 12, including the step of causing the weight to slide down the shaft and hitting the clubhead to provide feedback of a proper or improper swing.
17. (Currently Amended) The method for operating a golf swing training club comprising the step of:
holding a weight on a shaft of the club via a release mechanism, the release mechanism including a tension means coupled to the weight;
adjusting the tension of the tension means coupled to the weight to adjust the amount of centrifugal force needed to release the weight; and
releasing the weight from the release mechanism during ~~the downswing~~ a swing.
18. (Canceled)